# AMENDMENTS TO THE CLAIMS

Please amend claims as shown below.

1.      (Withdrawn)  A method for assisting an individual in weight management, comprising steps of:

setting a maximum desired glucose level for an individual;

recording glucose levels at multiple times during a day for the individual so as to obtain glucose levels after at least one meal event of the individual; and

comparing post meal glucose levels with the maximum desired glucose level.

2.      (Withdrawn)  The method of claim 1, and further comprising the step of generating an indicator when it is determined that a post meal glucose level exceeds the maximum glucose level.

3.      (Withdrawn)  The method of claim 2, and further comprising the step of generating a indicator or signal that advises the individual to alter eating habits so as to prevent glucose levels from going above the maximum glucose level.

4.      (Withdrawn)  The method of claim 1, and further comprising the step of receiving input from the individual indicating the occurrence of a meal event.

5.      (Withdrawn)  The method of claim 1, and further comprising informing the individual of a food item for a meal event that may be responsible for higher glucose levels.

6.      (Withdrawn)  A system for monitoring glucose levels of an individual to assist in weight management, comprising:

a sensor that detects glucose in biological fluid obtained from an individual;

a processor coupled to the sensor, the processor being operative to:

store data representing a maximum glucose level for an individual;

store data representing glucose levels determined from the sensor at multiple times during a day so as to obtain glucose levels after at least one meal event of the individual; and

compare post meal glucose levels with the maximum glucose level.

7.      (Withdrawn)  The system of claim 6, wherein the processor generates an indicator when it is determined that a post meal glucose level exceeds the maximum glucose level.

8.      (Withdrawn)  The system of claim 6, wherein the processor generates a signal that advises the individual to alter eating habits so as to prevent glucose levels from going above the maximum glucose level.

9.      (Withdrawn)  The system of claim 6, wherein the processor generates information to inform the individual of a food item for a meal event that may be responsible for higher glucose levels.

10.     (Original)  A method for assisting an individual in fitness training or exercise, comprising steps of:

recording glucose levels of an individual while the individual is undergoing physical exercise;

comparing glucose levels during physical exercise with a threshold level; and

generating an indicator when the glucose level during physical exercise is below the threshold level.

11.     (Original)  The method of claim 10, and further comprising the step of modifying physical exercise intensity, duration and or selection such that glucose levels substantially throughout the period of physical exercise are at or above the threshold level.

12.   (Original)  The method of claim 10, and further comprising the step of modifying eating habits to achieve glucose levels that are at or above the threshold level substantially throughout the period of physical exercise.

13.   (Original)  The method of claim 10, and further comprising the step of determining the threshold level based upon glucose levels recorded during physical exercise and a physiologically dependent goal.

14.   (Original)  A system for monitoring glucose levels of an individual to assist in fitness training or exercise, comprising:

   a sensor that detects glucose in biological fluid obtained from an individual;

   a processor coupled to the sensor, the processor being operative to:

      store data representing glucose levels determined from the sensor during periods of physical exercise of the individual;

      compare glucose levels during the physical exercise with a threshold level; and

      generate an indicator when the glucose level during physical exercise is below the threshold level.

15.   (Original)  The system of claim 14, wherein the processor generates a signal advising the individual to modify physical exercise intensity, duration and/ or selection such that glucose levels substantially throughout the period of physical exercise are at or above the threshold level.

16.   (Original)  The system of claim 14, wherein the processor generates a signal advising the individual to modify eating habits to achieve glucose levels that are at or above the threshold level substantially throughout the period of physical exercise.

17.   (Original)  The system of claim 14, wherein the processor determines a threshold glucose level based on glucose levels recorded during physical exercise and a desired physiologically dependent goal of the individual.